

# Knife Skills - Vol. 2

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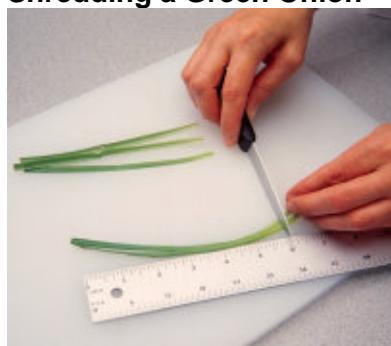
## CUTTING GREEN ONIONS



### **Trimming a Green Onion**



### **Shredding a Green Onion**





**Mincing a Green Onion**



## Slicing a Green Onion



## **CUTTING HERBS**





## Mincing Herbs



**Shredding Herbs (Chiffonade)**



## **CUTTING LEEKS**



### **Trimming a Leek**

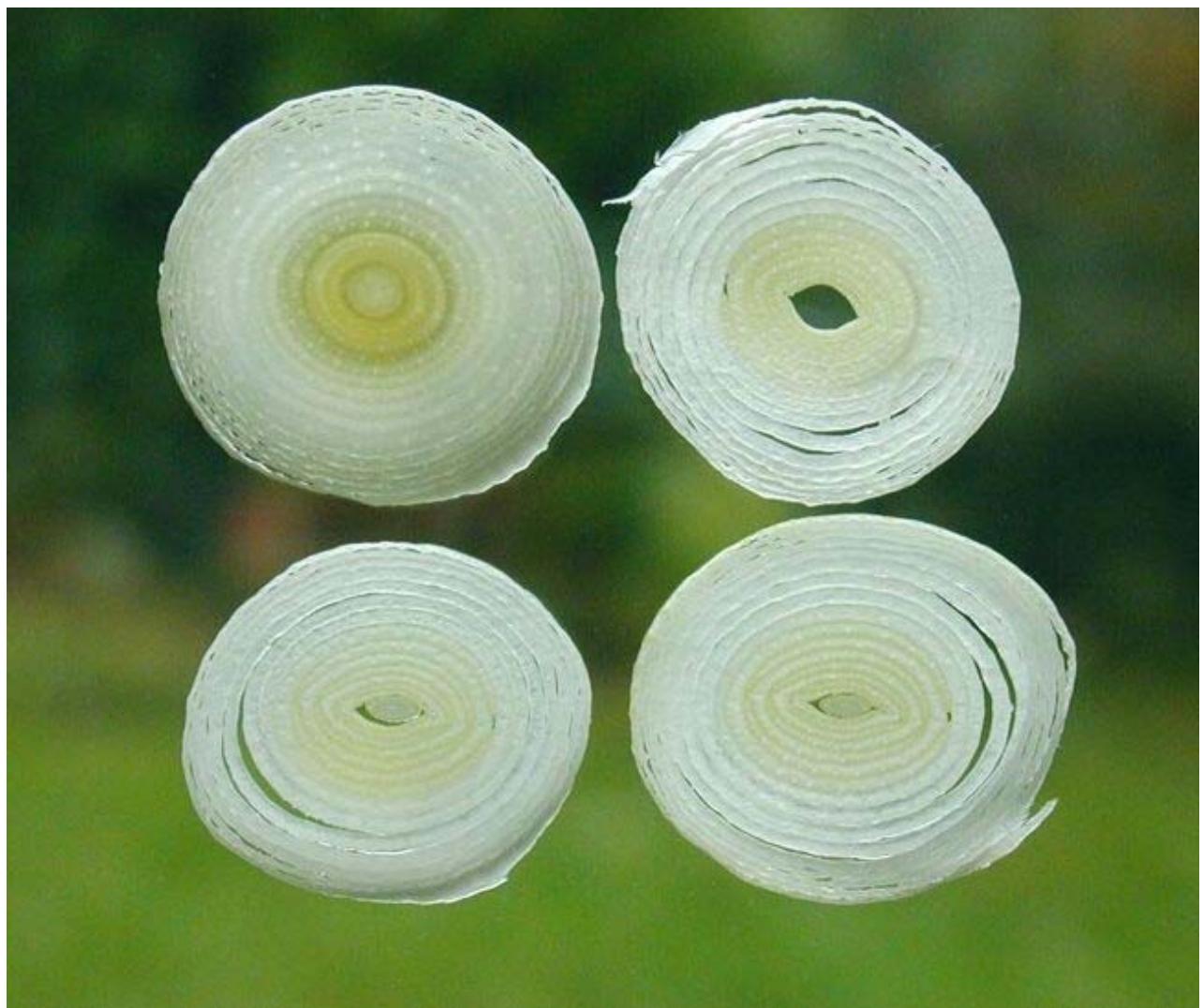


## Cleaning a Leek



### Slicing a Leek





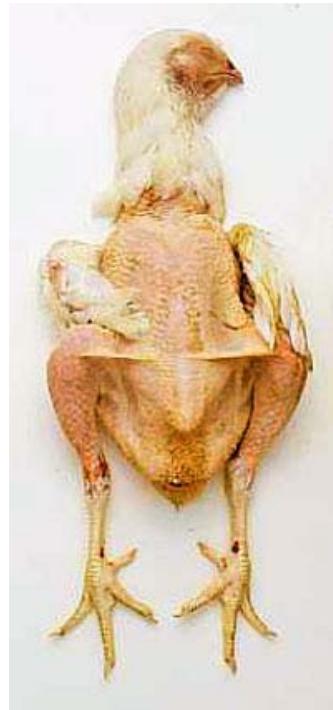
### Mincing a Leek



### Making Leek Strings



## CUTTING MEAT



## **Basic Meat Cutting**



### **Butterflying a Large Piece of Meat**



### **Thinly Slicing Meat**



## **Julienning Meat**



## Dicing Meat



## Preparing a Rack of Lamb for Roasting



### Preparing a Leg of Lamb for Roasting



**Boning a Leg of Lamb**



## CUTTING MUSHROOMS





### Trimming a Mushroom



### Peeling a Mushroom



### Slicing a Mushroom



### **Juliennning a Mushroom**



### Dicing a Mushroom



## **CUTTING ONIONS**



### **Trimming the Root**



Trimming the root from an onion, using a sharp knife

### **Trimming the Stem**



Trimming and Cutting Spring Onions

### **Splitting an Onion**



Cutting the onion in half and beginning to cut that half.

## Peeling an Onion



Using knife to peel onion, next to peeled onion and onion with peel on

### **Slicing Half an Onion into Half Rounds**



### **Slicing Half an Onion into Shreds**



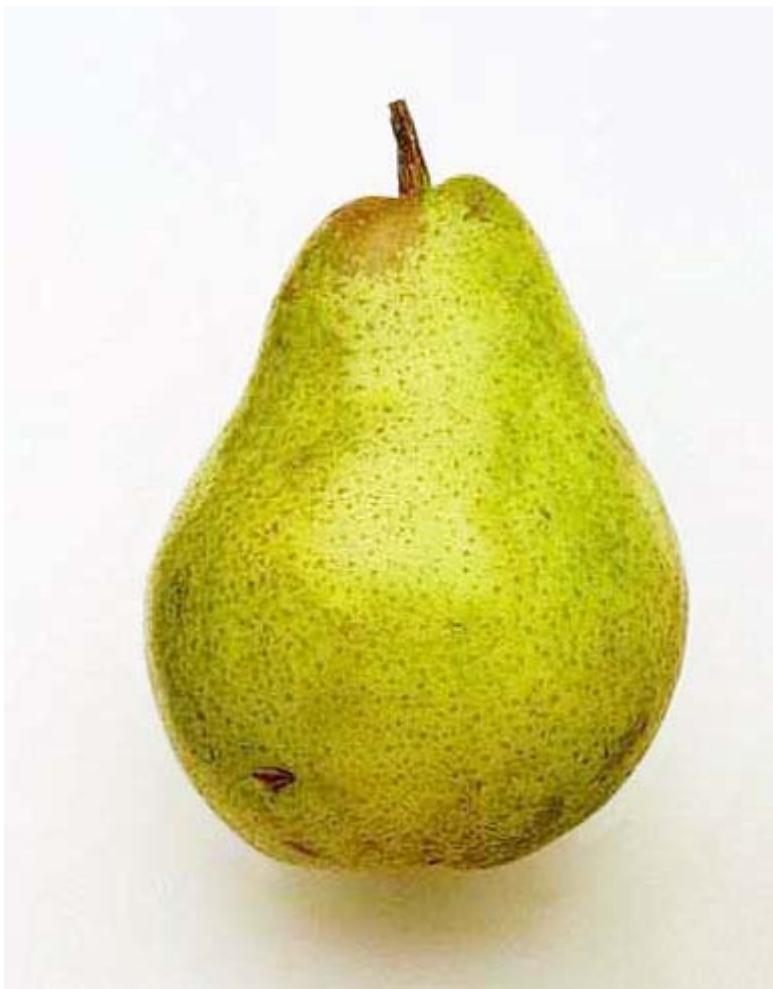
Keeping the Onion cut-side down on a board, and slice through it, this time...

## Dicing an Onion



Half an onion being diced, elevated view

**CUTTING PEARS**



### Peeling a Pear



Peeling a pear

## Halving a Pear



Cutting up pears

### Coring a Pear



The core of a halved pear being scooped out using a teaspoon

## Slicing a Pear



Move the knife forward and backward in a sawing motion to produce each slice

## **Julienning a Pear**



Cut the halves into wedges

### Dicing a Pear



Hold the julienned strips together and cut it into cubes and they should be uniform

### Cutting a Pear Fan





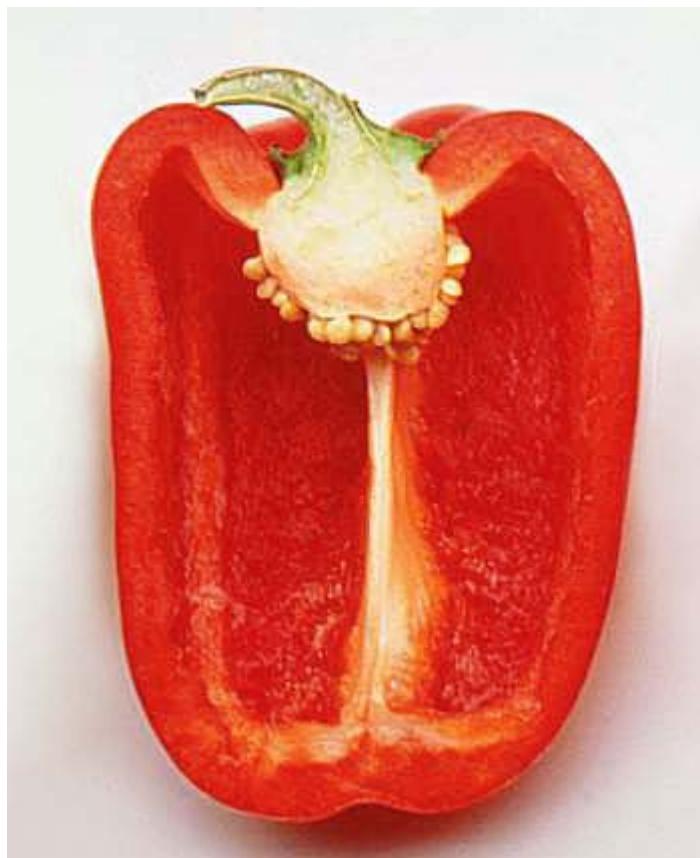
A peeled pear having spiral strips cut into it

**CUTTING PEPPERS**



### Trimming a Pepper

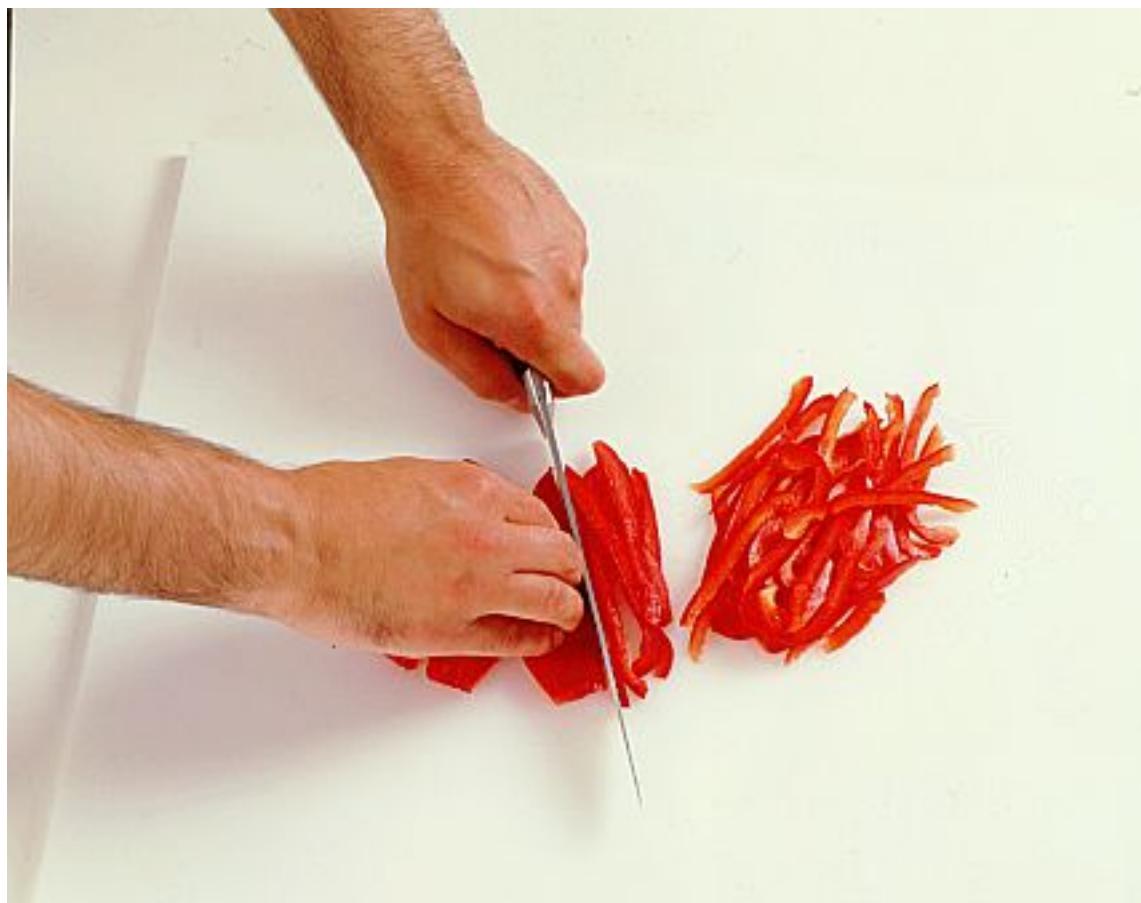






Scraping out seeds from inside a halved green pepper with a knife

### **Julienning a Pepper**



Cutting red Bell Pepper into strips

### **Dicing a Pepper**



Chopping pepper

**CUTTING PINEAPPLE**



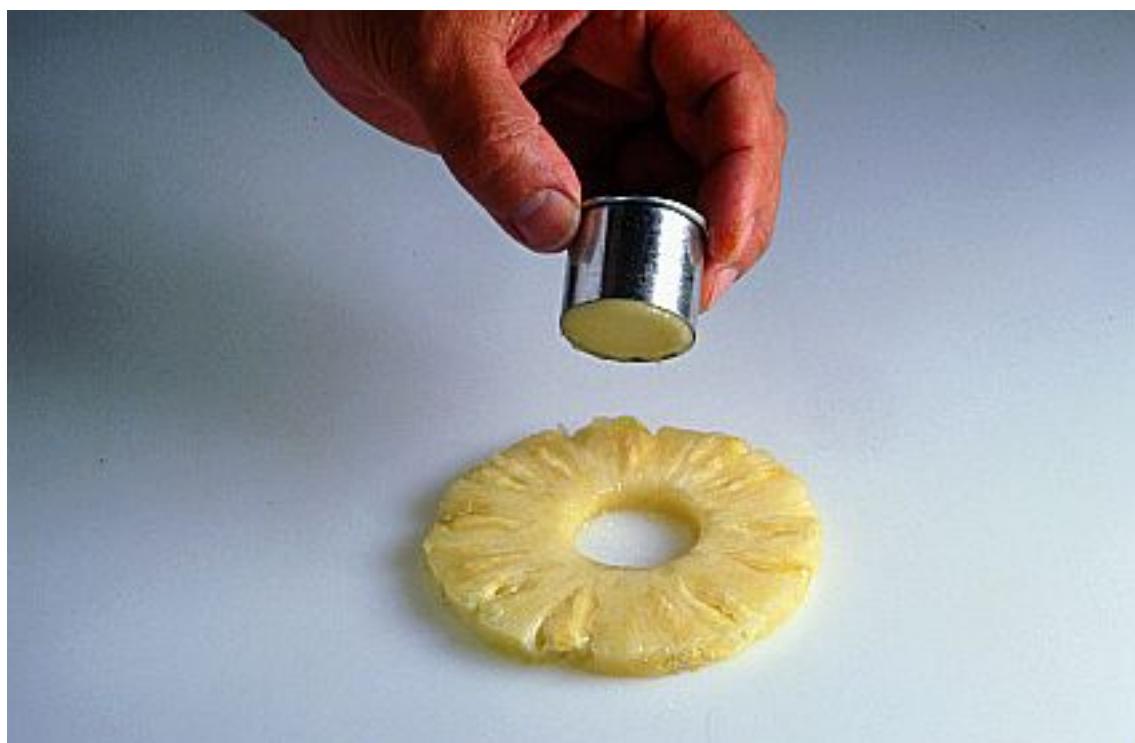
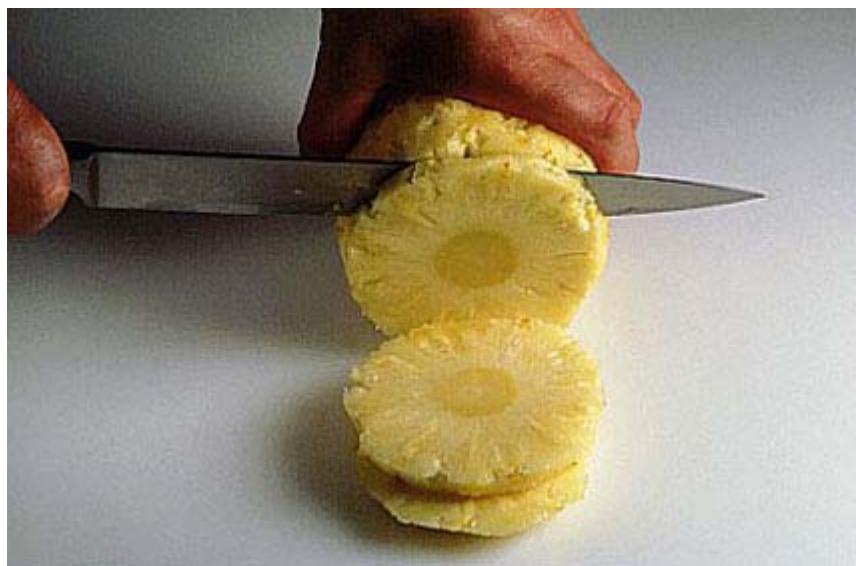
### Peeling a Pineapple





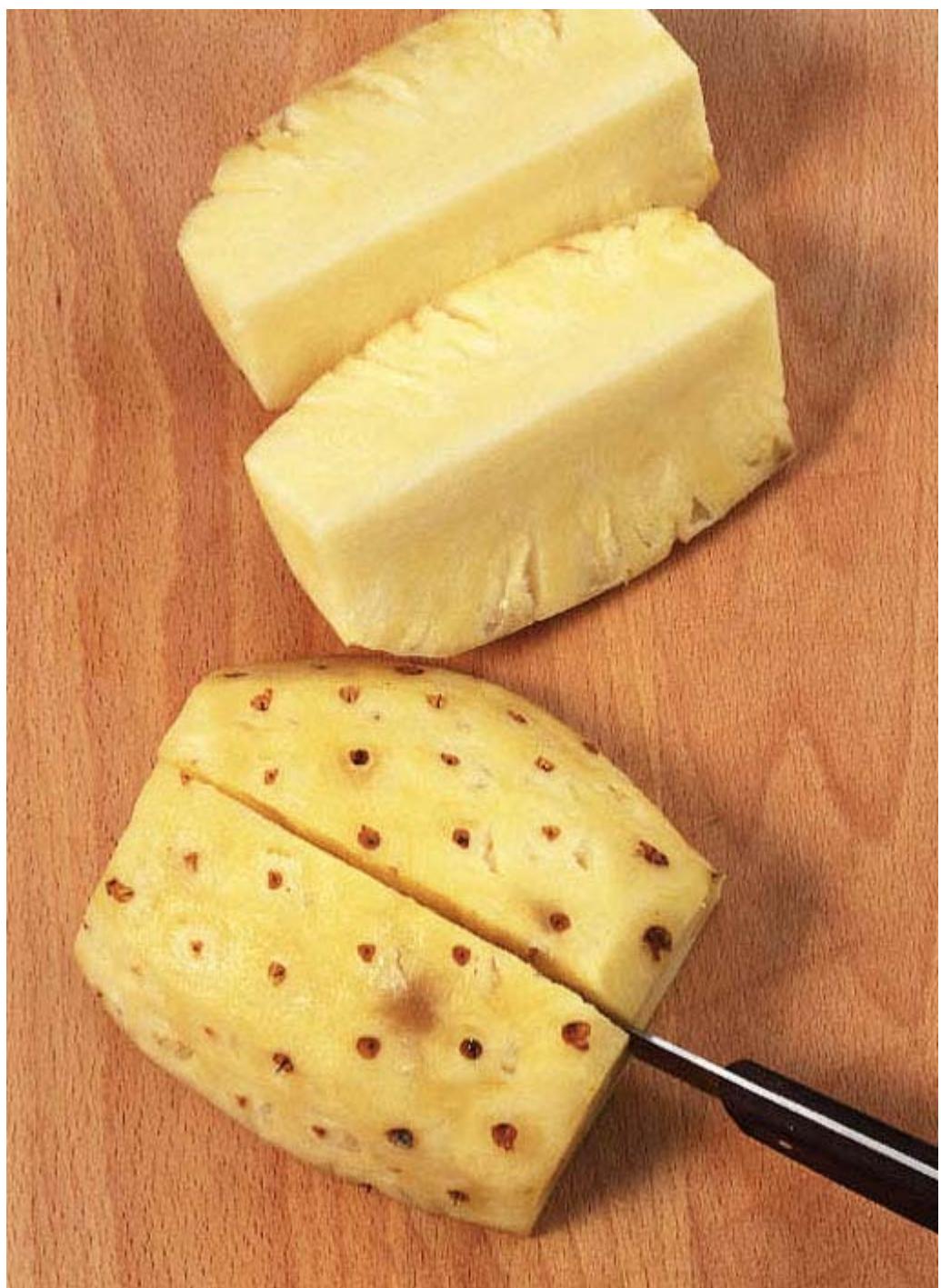
Cutting off thick strips of Skin from Pineapple

## Slicing a Pineapple



Using a pastry cutter to cut out the centre of pineapple slices

### **Wedge-Cutting a Pineapple**







Cutting pineapple into chunks

## CUTTING POTATOES



## **Peeling a Potato**



Peeling Raw Potatoes

### Slicing a Potato



Cutting up potatoes with a knife

### Julienning a Potato



Cut the halves into wedges

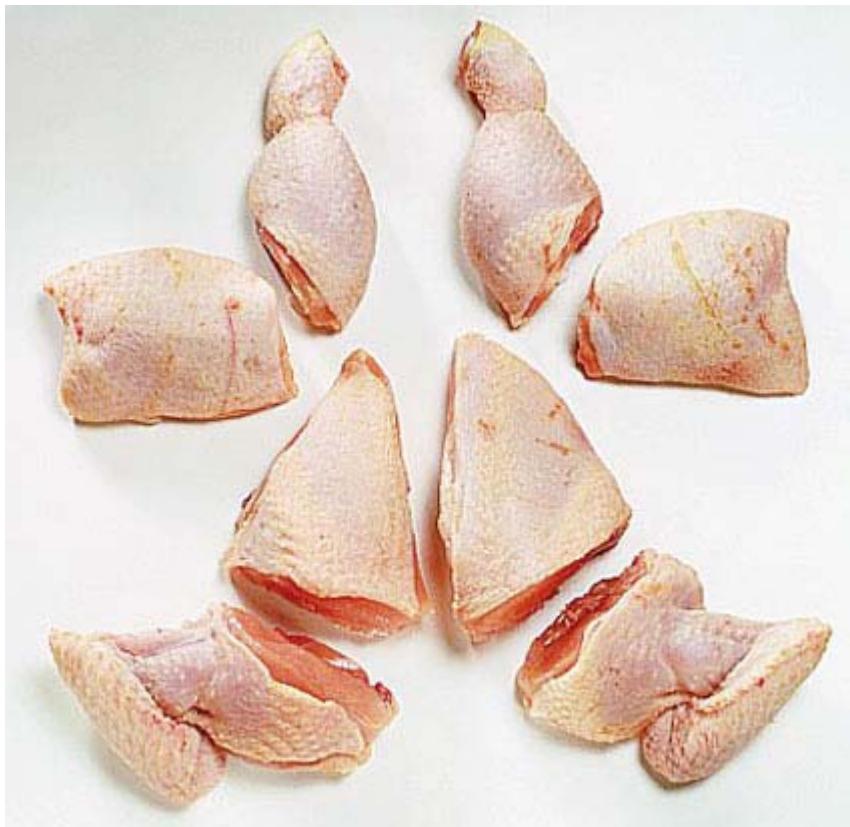
## Dicing a Potato



Cutting across the potato strips to make dice

## CUTTING POULTRY

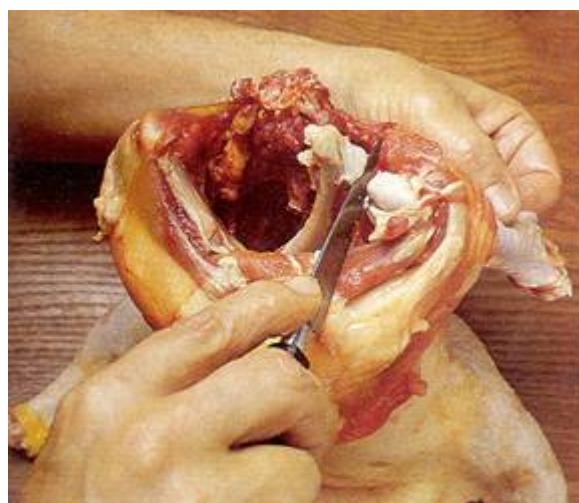
### Cutting Poultry into Eight Pieces



### Cutting Poultry into Twelve Pieces

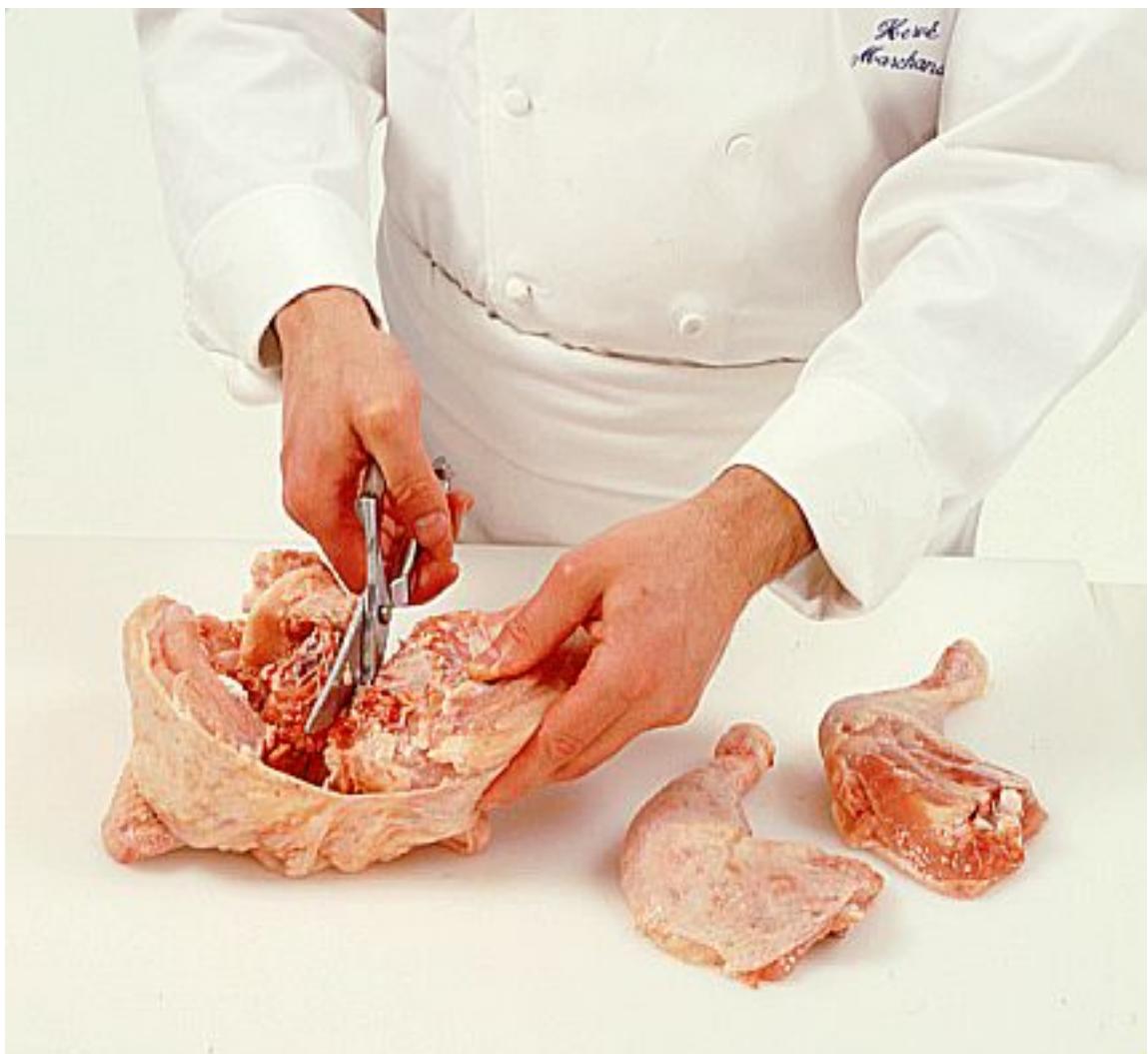


### **Butterflying Poultry**



### **Boning a Breast**





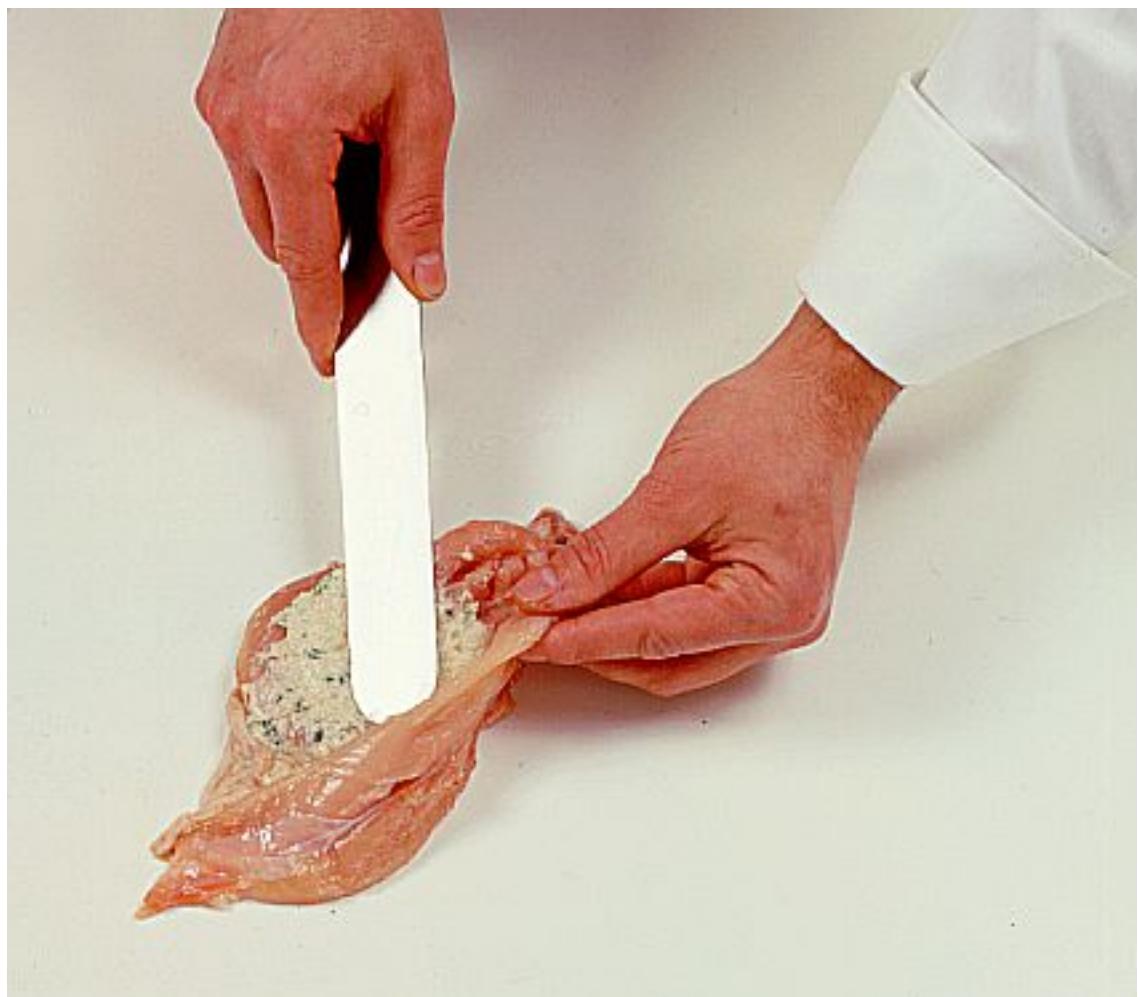
## Creating a Supreme



### Boning a Thigh



### **Creating a Pocket in a Breast for Stuffing**



**Butterflying a Boned Breast**



## Preparing Poultry for Roasting



## CUTTING SHALLOTS



### **Trimming the Root**



### **Peeling a Shallot**



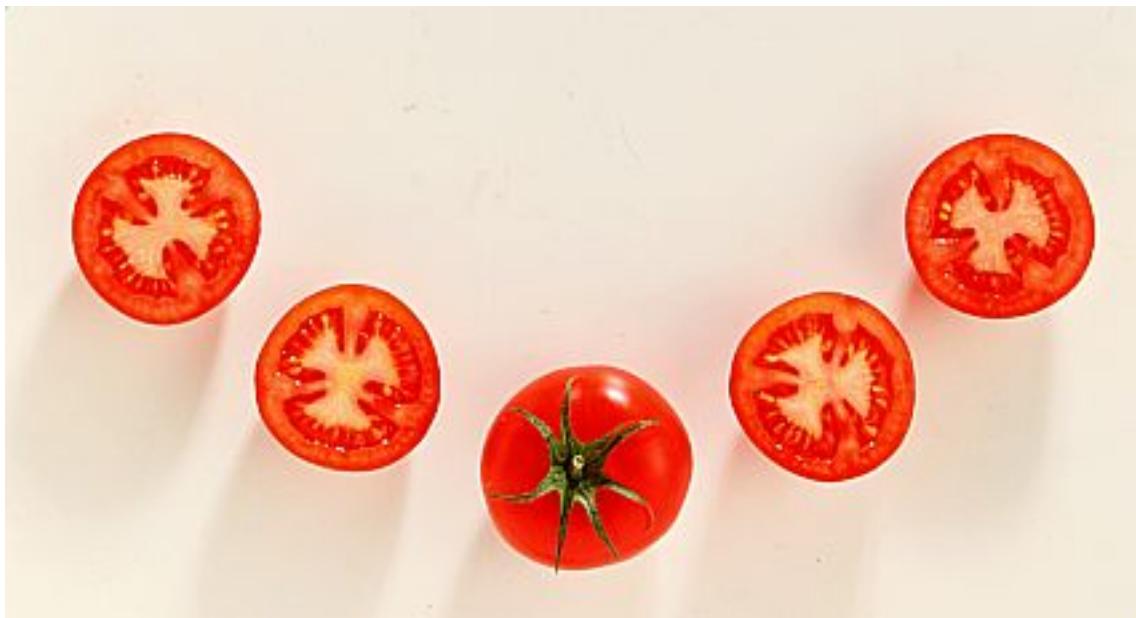
### Slicing a Shallot



**Dicing a Shallot**



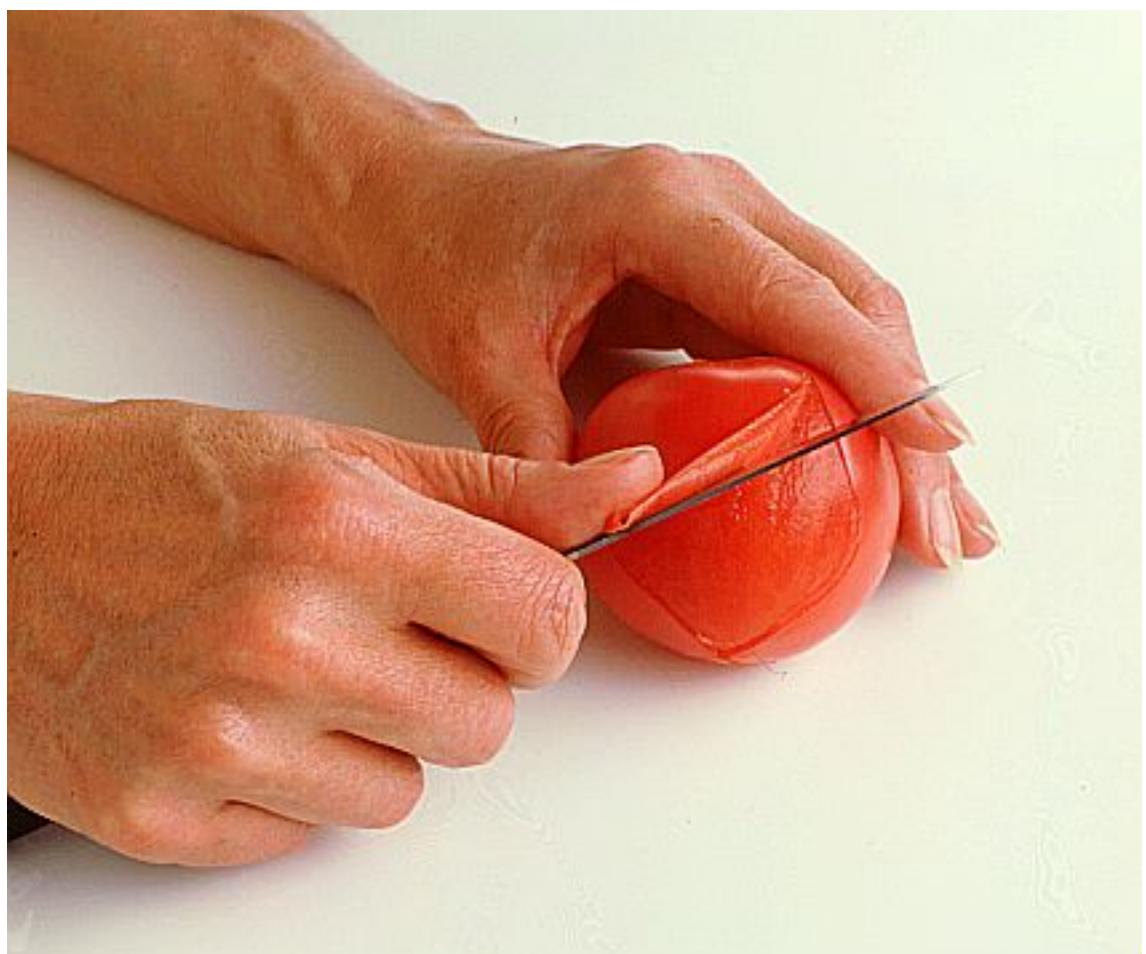
## CUTTING TOMATOES



### Coring a Tomato



**Peeling a Tomato with a knife**



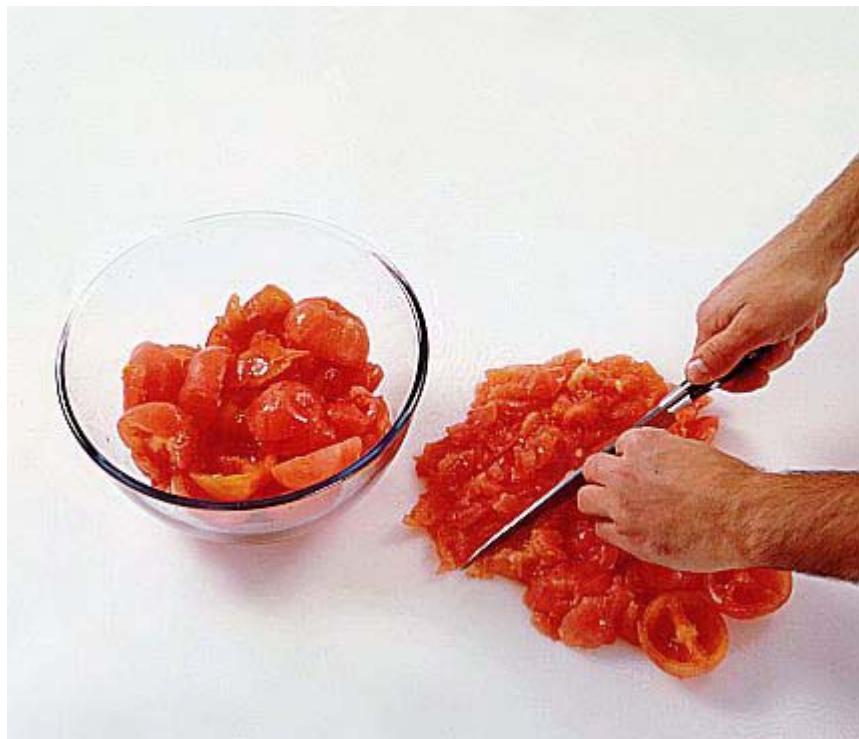
**Peeling a Tomato by Blanching**



**Slicing a Tomato**



### **Coarsely Chopping a Tomato**



### **Seeding a Tomato**



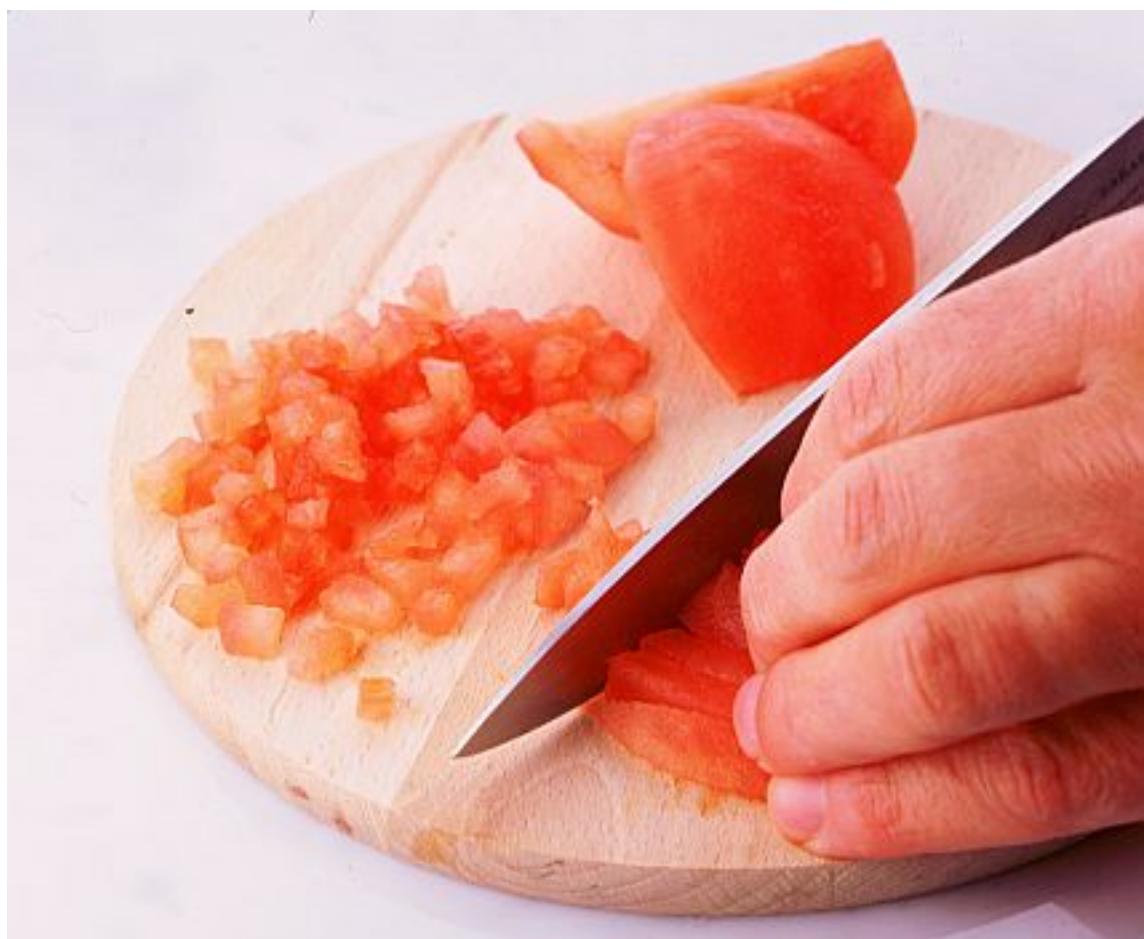


**Shredding a Tomato**





Dicing a Tomato



## **CUTTING TURNIPS**



**Peeling a Turnip**



## Slicing a Turnip



**Julienning a Turnip**



**Dicing a Turnip**



## CUTTING ZUCCHINI



**Slicing a Zucchini**



**Julienning a Zucchini**



### Dicing a Zucchini

